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11. (Previously Presented) A stationary exercise apparatus comprising:
 - a frame, including a substantially vertical support member, adapted for placement on a stationary horizontal surface;
 - a seat post located in said vertical support member such that said seat post can readily move up and down;
 - a seat secured to said seat post; and
 - a seat adjustment mechanism including a rack, having a plurality of teeth

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wherein at least a plurality of said teeth have a first substantially horizontal surface, secured to said seat post; a latch mechanism secured to said vertical support member that includes a latch member having a first surface adapted for engagement with said horizontal surfaces; and a release mechanism including a release handle adapted to move said latch member from engagement with said horizontal surfaces of said teeth to permit said seat to be lowered and wherein said teeth are configured so as to permit said seat to be raised without operating said release handle.

12. (Original) The apparatus of Claim 11 wherein said release mechanism includes a shaft rotatably secured to said support member and engaged with said latch member, a bracket attached to said release handle and said shaft wherein said release handle is effective to rotate said shaft thereby disengaging said first surface of said latch member from said teeth.

13. (Previously Presented) The apparatus of Claim 11 wherein said plurality of teeth have a second angled surface thereby permitting the raising of said seat without operating said release handle.

14. (Original) The apparatus of Claim 11 wherein said release mechanism includes a latch support bracket secured to said support member, a shaft rotatably supported by said latch support bracket and connected for rotation with said latch member, a release handle bracket attached to said release handle and said shaft whereby pulling up on said release handle is effective to rotate said latch member away from said rack thereby disengaging said first surface of said latch member from said horizontal surfaces of said teeth.

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15. (Original) The apparatus of Claim 14 additionally including a spring secured between said shaft and said latch member effective to urge said latch member into engagement with said teeth.

16. (Original) The apparatus of Claim 15 wherein said shaft is configured with at least one noncircular surface, said latch member is configured with a generally cylindrical portion adapted to engage with said shaft and at least one fastener extending through said cylindrical portion of said latch member effective to secure said latch member to said shaft for rotation therewith.

17. (Previously Presented) The apparatus of Claim 15 wherein said seat post is configured with a channel and said rack is a separate member that is secured within said channel by a plurality of fasteners.

18. (Previously Presented) The apparatus of Claim 11 wherein said latch mechanism and said rack cooperate to form a ratchet mechanism.

19. (Previously Presented) The apparatus of Claim 11 wherein said release mechanism is configured such that said release handle is located below the front portion of said seat and an upward motion of said release handle is effective to cause said disengagement of said latch member from said horizontal surfaces of said teeth.

20. (Original) The apparatus of Claim 11 additionally including a guide assembly secured to said seat post wherein said guide assembly includes at least one bearing surface and one stabilizer arm.

21. (Previously Presented) A stationary exercise apparatus comprising:
a frame;
a seat post having a bottom end and a top end;
a seat secured to said top end of said seat post;
support means for supporting said post on said frame so as to permit said seat post to readily move up and down;
a rack having a plurality of teeth wherein said teeth have one angled surface secured to said seat post;
latch means for latching said seat post in a vertical position on said rack preventing said seat post from moving downwardly but allowing said seat post to be raised without releasing said latch means; and
release means for permitting a user to selectively release said latch means from said rack to permit said seat post to be lowered.
22. (Previously Presented) The apparatus of Claim 21 wherein said latch means includes a latch member rotatably connected to said frame about a horizontal axis.
23. (Previously Presented) The apparatus of Claim 21 wherein said release means includes a release handle operatively connected to said latch member effective to rotate said latch member by moving said release handle in an upward direction.
24. (Previously Presented) The apparatus of Claim 23 wherein said latch means includes biasing means for urging said latch means to said rack and said release means includes a release handle located below the front part of said seat.
25. (Original) The apparatus of Claim 21 wherein said rack includes a plurality of

teeth spaced approximately one half inch apart.

26. (Original) The apparatus of Claim 21 additionally including a guide assembly secured to said bottom end of said seat post wherein said guide assembly includes at least one bearing surface and one stabilizer arm.

27. (Original) The apparatus of Claim 26 wherein said support means includes an aperture and said stabilizer arm includes a portion adapted to engage said aperture to limit said upward motion of said seat post.

28. (Original) The apparatus of Claim 26 wherein said guide assembly includes a bumper secured to a lower portion of said guide assembly.

29. (Currently Amended) A stationary exercise apparatus comprising:
a frame, including a substantially vertical support member, adapted for placement on a stationary horizontal surface;
a seat post having a top end and a bottom end located in said vertical support member such that said seat post can readily move selectively be moved up and down;
a seat secured to said seat post; and
a guide assembly secured to said bottom end of said seat post wherein said guide assembly includes at least one bearing surface and one stabilizer arm.

30. (Previously Presented) The apparatus of Claim 29 wherein said support member includes an aperture and said stabilizer arm includes a portion adapted to engage said aperture to limit said upward motion of said seat post.

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31. (Original) The apparatus of Claim 29 wherein said guide assembly includes an bumper secured to a lower portion of said guide assembly.

32. (Original) The apparatus of Claim 29 wherein said guide assembly includes a second bearing surface and a second stabilizer arm.

33. (Original) The apparatus of Claim 32 wherein said support member includes an aperture and one of said stabilizer arms includes a portion adapted to engage said aperture to limit said upward motion of said seat post.

34. (Original) The apparatus of Claim 33 wherein said guide assembly includes a bumper formed of an elastomeric material secured to a lower portion of said guide assembly.

35. (Original) The apparatus of Claim 33 wherein said bearing surfaces, said stabilizer arms and a bottom portion of said guide assembly are formed of a unitary piece of plastic material.

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37. (Original) A stationary exercise apparatus comprising:
a frame, including a substantially vertical support member, adapted for placement on a stationary horizontal surface;
a seat post located in said frame such that said seat post can readily move up and down;
a seat secured to said seat post; and
a seat adjustment mechanism including a rack secured to said seat post and a latch mechanism secured to said vertical support member that includes a latch member adapted to engage said rack and a release mechanism including a release handle adapted to move said latch member from engagement with said rack and wherein said rack and said latch member are configured so as to permit a user to raise said seat without utilizing said release mechanism.